



Eggnog Fudge

 Gluten Free

READY IN



145 min.

SERVINGS



24

CALORIES



229 kcal

DESSERT

Ingredients

- ☐ 1 cup almonds chopped
- ☐ 0.1 cup butter chilled
- ☐ 1 cup eggnog
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1.5 cups marshmallows miniature
- ☐ 11 ounce chocolate chips white
- ☐ 3 cups sugar white

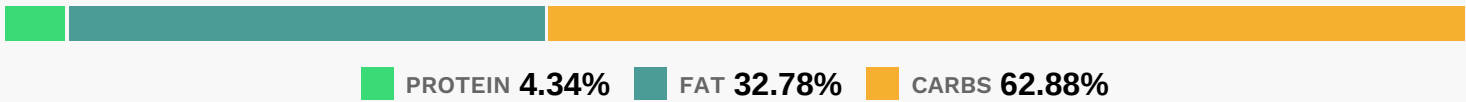
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Line a 9 x 13 inch baking pan with aluminum foil and set aside.
- ☐ Spray the bottom and sides of a large saucepan with cooking spray.
- ☐ Heat eggnog and sugar over medium heat. Bring to rolling boil, stirring constantly with a wooden spoon. Boil for 2 minutes.
- ☐ Fold in marshmallows, cinnamon and nutmeg. Return to a boil for 6 minutes, stirring constantly. As the mixture boils it will become brown.
- ☐ Remove from heat and quickly stir in butter, white chocolate chips and almonds. Stir until well mixed and glossy.
- ☐ Quickly pour into prepared pan.
- ☐ Cool at room temperature.
- ☐ Remove from pan, remove foil and cut into squares.

Nutrition Facts



Properties

Glycemic Index:16.27, Glycemic Load:24.89, Inflammation Score:-1, Nutrition Score:3.1104347641053%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 228.83kcal (11.44%), Fat: 8.65g (13.31%), Saturated Fat: 3.64g (22.76%), Carbohydrates: 37.33g (12.44%), Net Carbohydrates: 36.52g (13.28%), Sugar: 35.54g (39.49%), Cholesterol: 11.51mg (3.84%), Sodium: 27.83mg (1.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Vitamin E: 1.7mg (11.34%), Vitamin B2: 0.13mg (7.64%), Manganese: 0.15mg (7.37%), Phosphorus: 63.71mg (6.37%), Calcium: 56.76mg (5.68%), Magnesium: 19.84mg (4.96%), Copper: 0.08mg (3.79%), Fiber: 0.8g (3.22%), Potassium: 99.56mg (2.84%), Zinc: 0.34mg (2.25%), Selenium: 1.49µg (2.13%), Vitamin B12: 0.12µg (2.04%), Iron: 0.3mg (1.66%), Vitamin B3: 0.33mg (1.64%), Vitamin B1: 0.02mg (1.62%), Vitamin B5: 0.15mg (1.53%), Vitamin K: 1.31µg (1.25%), Vitamin A: 55.47IU (1.11%), Vitamin B6: 0.02mg (1.05%)